

**“HE RESTORES MY SOUL - Part VII”**

***The Healing of Soul Wounds***

Pastor Mark Johnson

January 29, 2023

**INTRO:** Our soul takes hits, gets wounded & needs healing.

**I. SIX CHARACTERISTICS OF SOUL WOUNDS**

1) They can come from what others have done to us, 2) can be self-inflicted, 3) can vary in degree of intensity, 4) can be old or new, 5) can be ongoing and 6) can be so painful that they are blocked from the conscious memory.

**II. TEN CONSEQUENCES OF SOUL WOUNDS**

1) They can affect all our relationships, 2) can affect the entire person, 3) can hinder us from understanding our God-given identity & destiny, 4) can cause a distortion of reality, 5) can result in feelings of guilt & shame, 6) can cause vulnerability, 7) can contribute to enabling those who hurt us, 8) can result in hurting others, 9) can cause anger/disappointment toward God and 10) can cause people to become controllers/manipulators.

**III. LOOK TO GOD AS YOUR HEALER (Ex. 15:26)**

- A. The Hebrew word for “*heals*” is “*Rapha*” and means to repair, cure or make whole (not limited to physical realm).
- B. Jesus paid for our forgiveness AND our healing (Isa. 53:5).
- C. Healing is in past tense because it’s already been provided & now needs to be received by faith (1Pet. 2:24).

**IV. GOD DESIRES TO HEAL OUR BODY AND OUR SOUL**

**(Ps. 23:3; 41:4; 147:3; Jer. 31:25; Isa. 53:4; 61:1-3; Lk. 4:16-21; 3Jn. 2; 1Thess. 5:23-24).**

**V. HEALING OF SOUL WOUNDS PRINCIPLES**

- A. Be real [honest] (Ps. 10:1; 13:1-2; 43:2; 142).
- B. These wounds weren’t caused by God, but by others.
- C. Those who hurt you were probably hurt by others.
- D. Forgive those who have hurt you (Eph. 4:32).
- E. God can bring good out of your hurts (Rom. 8:28).
- F. Confess and repent of your part (1Jn. 1:9).
- G. Ask God to heal your soul wounds and yield to Him.

**CONCLUSION:** Do you have unhealed soul wounds?